# POSITIVE FEELINGS

**Love, Affection, Concern, Interest**

<table>
<thead>
<tr>
<th>absorbed</th>
<th>courteous</th>
<th>humane</th>
<th>reasonable</th>
</tr>
</thead>
<tbody>
<tr>
<td>admired</td>
<td>curious</td>
<td>interested</td>
<td>receptive</td>
</tr>
<tr>
<td>adorable</td>
<td>dedicated</td>
<td>intrigued</td>
<td>reliable</td>
</tr>
<tr>
<td>affected</td>
<td>devoted</td>
<td>inquisitive</td>
<td>respectful</td>
</tr>
<tr>
<td>affectionate</td>
<td>easy-going</td>
<td>just</td>
<td>responsible</td>
</tr>
<tr>
<td>agreeable</td>
<td>empathetic</td>
<td>kind</td>
<td>responsible</td>
</tr>
<tr>
<td>altruistic</td>
<td>engrossed</td>
<td>kind-hearted</td>
<td>sensitive</td>
</tr>
<tr>
<td>amiable</td>
<td>excited</td>
<td>kindly</td>
<td>sweet</td>
</tr>
<tr>
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<td>faithful</td>
<td>lenient</td>
<td>sympathetic</td>
</tr>
<tr>
<td>big-hearted</td>
<td>fair</td>
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</tr>
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<td>benign</td>
<td>fascinated</td>
<td>mellow</td>
<td>thoughtful</td>
</tr>
<tr>
<td>brotherly</td>
<td>forgiving</td>
<td>moral</td>
<td>tolerant</td>
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<tr>
<td>caring</td>
<td>friendly</td>
<td>neighborly</td>
<td>trustworthy</td>
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<td>generous</td>
<td>nice</td>
<td>truthful</td>
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<tr>
<td>Christian</td>
<td>genuine</td>
<td>obliging</td>
<td>understanding</td>
</tr>
<tr>
<td>comforting</td>
<td>giving</td>
<td>open</td>
<td>unselfish</td>
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<tr>
<td>compassionate</td>
<td>good</td>
<td>optimistic</td>
<td>warm</td>
</tr>
<tr>
<td>concerned</td>
<td>good–humored</td>
<td>patient</td>
<td>warm–hearted</td>
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<td>good–natured</td>
<td>peaceful</td>
<td>well–meaning</td>
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<td>conscientious</td>
<td>helpful</td>
<td>pleasant</td>
<td>wise</td>
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<td>considerate</td>
<td>honest</td>
<td>polite</td>
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<td>cooperative</td>
<td>honorable</td>
<td></td>
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</tr>
<tr>
<td>cordial</td>
<td>hospitable</td>
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</table>

**Elation, Joy**

<table>
<thead>
<tr>
<th>airy</th>
<th>convivial</th>
<th>festive</th>
<th>happy</th>
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<tbody>
<tr>
<td>amused</td>
<td>delighted</td>
<td>fine</td>
<td>hilarious</td>
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<tr>
<td>animated</td>
<td>elated</td>
<td>fit</td>
<td>humorous</td>
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<tr>
<td>at ease</td>
<td>easy</td>
<td>free</td>
<td>in-high-spirit</td>
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<tr>
<td>blissful</td>
<td>ecstatic</td>
<td>frisky</td>
<td>inspired</td>
</tr>
<tr>
<td>bright</td>
<td>elevated</td>
<td>gay</td>
<td>jolly</td>
</tr>
<tr>
<td>brilliant</td>
<td>enchanted</td>
<td>genial</td>
<td>jovial</td>
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<tr>
<td>buoyant</td>
<td>enthusiastic</td>
<td>glad</td>
<td>joyful</td>
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<tr>
<td>calm</td>
<td>exaltation</td>
<td>gleeful</td>
<td>joyous</td>
</tr>
<tr>
<td>cheerful</td>
<td>exalted</td>
<td>glorious</td>
<td>jubilant</td>
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<td>comfortable</td>
<td>excellent</td>
<td>good</td>
<td>lighthearted</td>
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<tr>
<td>comical</td>
<td>excited</td>
<td>grand</td>
<td>lively</td>
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<tr>
<td>complacent</td>
<td>exhilarated</td>
<td>gratified</td>
<td>magnificent</td>
</tr>
<tr>
<td>contented</td>
<td>fantastic</td>
<td>great</td>
<td></td>
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<tr>
<td>Positive Adjectives</td>
<td>Eager</td>
<td>Potency, Strength, Fearlessness</td>
<td>NEGATIVE FEELINGS</td>
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<tr>
<td>-----------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>marvelous / majestic / merry / overjoyed / peaceful / playful / pleasant</td>
<td>proud / pleased / serene / sparkling / spirited / splendid</td>
<td>sunny / superb / thrilled / tranquil / tremendous / triumphant</td>
<td>Depressed, Sad</td>
</tr>
<tr>
<td>Eager</td>
<td>agog / anxious / ardent</td>
<td>earnest / intense / fervent / hot–headed / intense / keen / zealous</td>
<td>abandoned / alien / alienated / alone / annihilate / awful / battered / below par</td>
</tr>
<tr>
<td>Potency, Strength, Fearlessness</td>
<td>able / adequate / assured / audacious / authoritative / bold / brave</td>
<td>determined / durable / dynamic / effective / encouraged / energetic / enterprising / fearless / firm / forceful / gallant / hardy / healthy</td>
<td>blue / burdened / burned / cast-off / cheapened / cheerless / crestfallen / crushed</td>
</tr>
</tbody>
</table>

NEGATIVE FEELINGS:

Depressed, Sad:
- abandoned
- alien
- alienated
- alone
- annihilate
- awful
- battered
- below par
- blue
- burdened
- burned
- cast-off
- cheapened
- cheerless
- crestfallen
- crushed
- despair
- despondent
- desolate
- destroyed
- discarded
- disconsolate
- discontented
- discouraged
<table>
<thead>
<tr>
<th>Disfavored</th>
<th>Grim</th>
<th>Mistreated</th>
<th>Stranded</th>
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<tbody>
<tr>
<td>Disheartened</td>
<td>Hated</td>
<td>Moody</td>
<td>Sulky</td>
</tr>
<tr>
<td>Dismal</td>
<td>Heavy-hearted</td>
<td>Moping</td>
<td>Sullen</td>
</tr>
<tr>
<td>Done-for</td>
<td>Horrible</td>
<td>Mournful</td>
<td>Tearful</td>
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<tr>
<td>Downcast</td>
<td>Humiliated</td>
<td>Obsolete</td>
<td>Terrible</td>
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<tr>
<td>Downhearted</td>
<td>Ill at ease</td>
<td>Ostracized</td>
<td>Unhappy</td>
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<tr>
<td>Downtrodden</td>
<td>In the dumps</td>
<td>Out of sorts</td>
<td>Unloved</td>
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<tr>
<td>Dreadful</td>
<td>Jilted</td>
<td>Overlooked</td>
<td>Upset</td>
</tr>
<tr>
<td>Dreary</td>
<td>Joyless</td>
<td>Pathetic</td>
<td>Valueless</td>
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<tr>
<td>Estranged</td>
<td>Kaput</td>
<td>Pitiful</td>
<td>Washed-up</td>
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<tr>
<td>Excluded</td>
<td>Left out</td>
<td>Rebuked</td>
<td>Whipped</td>
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<tr>
<td>Flat</td>
<td>Loathed</td>
<td>Regretful</td>
<td>Woeful</td>
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<tr>
<td>Forlorn</td>
<td>Lonely</td>
<td>Reprimanded</td>
<td>Woeful</td>
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<td>Forsaken</td>
<td>Lonesome</td>
<td>Rotten</td>
<td>Worthless</td>
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<tr>
<td>Frowning</td>
<td>Lousy</td>
<td>Ruined</td>
<td>Wrecked</td>
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<tr>
<td>Funeral</td>
<td>Low</td>
<td>Run-down</td>
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<tr>
<td>Gloomy</td>
<td>Melancholy</td>
<td>Somber</td>
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<tr>
<td>Glum</td>
<td>Miserable</td>
<td>Sorrowful</td>
<td></td>
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<tr>
<td>Grieving</td>
<td>Mishandled</td>
<td>Spiritless</td>
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</table>

**Distress, Hurt**

<table>
<thead>
<tr>
<th>Aching</th>
<th>Displeased</th>
<th>In-pain</th>
<th>Strained</th>
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<tbody>
<tr>
<td>Afflicted</td>
<td>Dissatisfied</td>
<td>Lost</td>
<td>Stressed</td>
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<tr>
<td>Agonized</td>
<td>Distressed</td>
<td>Mournful</td>
<td>Suffering</td>
</tr>
<tr>
<td>Anguished</td>
<td>Dissatisfied</td>
<td>Nauseated</td>
<td>Suspicious</td>
</tr>
<tr>
<td>At-the-feet-of</td>
<td>Distustful</td>
<td>Offended</td>
<td>Swamped</td>
</tr>
<tr>
<td>At-the-mercy-of</td>
<td>Doubtful</td>
<td>Pained</td>
<td>The-puppet-of</td>
</tr>
<tr>
<td>Awkward</td>
<td>Foolish</td>
<td>Pathetic</td>
<td>Touchy</td>
</tr>
<tr>
<td>Badgered</td>
<td>Grief</td>
<td>Perplexed</td>
<td>Tormented</td>
</tr>
<tr>
<td>Bewildered</td>
<td>Grieved</td>
<td>Plaything-of</td>
<td>Tragic</td>
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<tr>
<td>Blameworthy</td>
<td>Heartbroken</td>
<td>Privation</td>
<td>Ungainly</td>
</tr>
<tr>
<td>Clumsy</td>
<td>Helpless</td>
<td>Puzzled</td>
<td>Unlucky</td>
</tr>
<tr>
<td>Confused</td>
<td>Hindered</td>
<td>Ridiculous</td>
<td>Unpopular</td>
</tr>
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<td>Constrained</td>
<td>Impaired</td>
<td>Sickened</td>
<td>Unsatisfied</td>
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<tr>
<td>Crushed</td>
<td>Impatient</td>
<td>Silly</td>
<td>Unsure</td>
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<tr>
<td>Disgusted</td>
<td>Imprisoned</td>
<td>Skeptical</td>
<td>Victimized</td>
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<tr>
<td>Disliked</td>
<td>Injured</td>
<td>Speechless</td>
<td>Worried</td>
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</table>

**Fear, Anxiety**

<table>
<thead>
<tr>
<th>Afraid</th>
<th>Agitated</th>
<th>Anxiety</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aghast</td>
<td>Alarmed</td>
<td>Anxious</td>
<td></td>
</tr>
</tbody>
</table>
appalled  fidgety  on-edge  terrified
apprehensive  frightened  overwhelmed  terror–stricken
awed  jittery  panicky  threatened
bashful  hesitant  petrified  timid
bullied  high  quaking  timorous
cowardly  hysterical  restless  uncomfortable
chicken  horrified  scared  uneasy
desperate  ill-at-ease  shaky  worrying
dismayed  insecure  shocked  yellow
doubtful  intimidated  shy
embarrassed  jealous  strained
fainthearted  menaced  stressful
fear  misgiving  suspicious
terified
fearful  nervous  tense

Belittling, Criticism, Scorn

abused  disdained  neglected  slandered
belittled  disgraced  overlooked  slighted
branded  disparaged  poked-fun-at  spurned
carped-at  humiliated  pooh–poohed  underestimated
caviled-at  ignored  pulled-to-pieces  underrated
censured  jeered  put down
criticized  lampooned  ridiculed  thought-nothing-of
defamed  laughed at  roasted
deflated  libeled  scoffed at
depreciated  made-light-of  scorned
derided  laughed at  shamed
diminished  minimized  slammed
discredited  mocked

Doubtful

distrustful  incredulity  perplexed  suspicious
dubious  indecisive  questioning  unbelieving
hesitant  misgiving  skeptical  uncertain

Impotency, Inadequacy

anemic  chicken–hearted  crippled  debilitated
broken  cowardly  dead-beat  defective
deficient  inadequate  nerveless  unfit

demoralized  incapable  paralyzed  unimportant
disabled  incompetent  powerless  unqualified
down  indefensible  puny  useless
effeminate  ineffective  rudderless  unsound
exhausted  inefficient  shaken  unsubstantiated
exposed  inept  sickly  vulnerable
feeble  inferior  small  weak
flimsy  infirm  strengthless  weak–hearted
fragile  insecure  trivial  wimp
frail  insufficient  unfeeling  wimp
harmless  lame  unable  weak
helpless  maimed  unarmed  wimp
impotent  meek  uncertain  wimp

Anger, Hostility, Cruelty

aggravated  deadly  inflamed  resentful
aggressive  dictatorial  infuriated  revengeful
agitated  disagreeable  inhuman  rude
angry  discontented  insensitive  rude
annoyed  dogmatic  intolerable  ruthless
antagonistic  enraged  intolerant  sadistic
arrogant  envious  irate  savage
austere cool  fierce  irritated  severe
bad–tempered  fuming  mad  spiteful
belligerent  furious  malicious  stern
bigoted  gruesome  mean  stormy
bitter  hard  murderous  sulky
bloodthirsty  hard–hearted  nasty  sullen
blunt  harsh  obstinate  unfeeling
boiling  hateful  offended  unfriendly
bullying  heartless  opposed  unmerciful
callous  hellish  oppressive  unruly
cantankerous  hideous  outraged  vicious
cold–blooded  hostile  provoked  vindictive
combative  hypercritical  piqued  violent
corrosive  ill–tempered  poisonous  worked–up
cranky critical  impatient  prejudiced  wrathful
cross  inconsiderate  provoked  wrought–up
cruel  incensed  rebellious  wrathful